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HCG Diet Guide: Recipes That Follow the HCG Diet Plan: HCG Diet Plan on How to Lose 50 Pounds in 60 Days

Anna Gracey

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A comprehensive book on the HCG diet. A great book that goes into detail about exactly how HCG works, the dangers that it can pose, and how to use if effectively to lose as much weight as possible. This book is ideal for those trying to lose weight or tackle obesity. A well-put-together book by author Anna Gracey. Tackling weight gain is a very difficult challenge for anyone these days and many people have found success with the methods found in this book; its a superb addition to your library if you want to lose weight. If you want to just lose a few extra pounds or want to go on a stricter diet that will keep off those pounds then this program is for you. A quick and solid listen that gives the raw information and - more importantly -advice on how to apply these steps of the HCG Diet.

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